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THE GOOD OLD FARM.

There's got to be revival
Of good, sound sense among men,
Before the days of prosperity
Will dawn upon us again.
The boys must learn that learnin'
Means more'n the essence of books,
And the girls must learn that beauty
Consists in more'n their looks.

Before we can steer clear of failures
And big financial alarms,
The boys have got to quit clerkin',
And git back onto the farms.
I know it aint quite so nobby,
It aint quite so easy, I know,
As partin' your hair in the middle,
An' settin' up for a show.

But there's more hard dollars in it,
An' more independence, too,
An' more real peace 'nd contentment,
And health that is ruddy an' true.
I know that it takes hard labor,
But you've got to "hang on" in a store
Before you can earn a good livin'
And clothes, with but little more.

An' you steer well clear of temptation
On the good old honest farm,
An' a thousan' ways 'nd fashions
That only bring you to harm.
There ain't but a few that can handle
With safety other men's cash,
An' the fate of many who try it
Proves human nature is rash.

So, when the road to state prison
Lays by the good old farm
An' a man sees a toilin' brother
Well out of the way of harm,
He mourns that he hadn't stayed there,
A tillin' the soil in peace,
Where he'll yet creep back in dishonor,
After a tardy release.

What hosts of 'em go back broken
In health, in mind 'nd purse,
To die in sight of the clover,
Or linger along, which is worse.
An' how many mourn, when useless,
That they didn't see the charm,
The safety 'nd independence
Of a life on the good old farm.

RECEPTION SPEECH OF P. G M T. H. WRIGHT.

TO THE RICHMOND, ODD FELLOWS.

Mr. Chairman Most Worthy Grand Master, visiting officers and brothers:

After an all night's ride in the cars and before an opportunity has been given you for rest or refreshments would not seem the most auspicious moment for speech making—and yet you will, I trust, pardon we in detaining you a moment, in order that I may perform the task assigned me and for the proper performance of which I know I shall be held strictly accountable by those whose instructions I obey.

I have been deputized by the committee of arrangements, representing the Odd Fellows of the District of Columbia, to extend to you in their name a kind and hearty welcome to our beautiful city. And I suppose that their object in having me give utterance to those words of welcome at this time, is for the purpose of at once, relieving your mind of all anxiety in this respect, before inviting you to the breakfast they have prepared and of which you shall in a few minutes be invited to partake.

But sympathizing with you as I do, I shall not trespass long upon your patience—my words shall be few and simple.

Permit me to remark that in the brief time intervening since first learning of your contemplated visit to our city, up until now every moment seemingly, has been utilized in preparing to give you an "*Odd Fellows*" welcome and you know that it is peculiarly characteristic of Washington Odd Fellows to give to all members of the order—no matter from whence they come, whether for a short or lengthened stay, whether in their individual or collective capacity, a kind welcome and a fraternal greeting.

But somehow or other when learning of your visit this feeling seems to have become aroused to an unusual and extraordinary degree—and members and lodges have vied with each other in their effort to make your visit a pleasant one, and if we should fail in so doing it must be attributed to a lack of sufficient time rather than to any want of inclination. For many plans suggested, had to be abandoned for want of time and opportunity in which to make them operative.

As an evidence of the deep interest manifested,—I may remark that every Lodge meeting since it was first known that you were coming—has been visited and all have readily contributed their mite towards making your visit pleasant and enjoyable.

And had timely notice been received, I verily believe from the enthusiastic expression of approval by the most prominent members of the order, everywhere heard, and the cheerful responses coming from the various Lodges—we would have enabled you to return to your home not entirely in ignorance of our idea of what true "Odd Fellowship" means and this is all the more to be regretted, because, as the mouthpiece of the committee, I have not even had proper time in which to prepare, for voicing forth in language—such as I would like, the unfeigned pleasure it gives, to be able to do something toward contributing to your comfort and enjoyment whilst in our midst.

This is your capital city as well as our's, for we are now all citizens of a common country, and I bid you enjoy its beauties.

Perhaps there may be those among you, that are here for the first time, if so, we invite you to view our broad streets, and wide avenues, and beautiful parks, visit our executive mansion, and other public buildings, see our grand capitol, and its lovely surroundings, our galleries of art, our museum, and other buildings, and objects of interest too numerous to be named, and then we would have you remember that as a part of the body politic. as citizens, as Americans, we are a part of this great nation, and are now permitted to participate in the government of this grand country.

But enough of this I am specially charged with the duty of welcoming you as Odd Fellows. To our Lodge rooms, to our homes, to our hearts, you are welcome, welcome, welcome.

In behalf of the entire Fraternity I extend to you that sincere fraternal greeting, that openhanded, warmhearted, generous welcome, which always characterizes the *true Odd Fellow* where ever, and under whatever circumstances found, and which, as I have already remarked, is a distinctive mark of the Odd Fellows of this city.

We of the District, recognize the "Social Principle" as one of the main pillars of Odd Fellowship, as one of the very fundamental principles of our tim' honored institution, and we believe that you think so too, because, so repeatedly, and abundantly demonstrated by the Odd Fellows of the Old Dominion, especially at Richmond, its chief city.

But if there is one thing more than another that adds to the pleasure of this occasion, it is, that you bring with you our distinguished chief executive officer, Grand Master Wm. M. T. Forrester. He who gave us that masterly address at Boston, to which I had the pleasure of listening, and to which, I may be pardoned for referring at this time.

But I may be growing tedious as a variety, and multiplicity of thoughts are suggested by the surroundings of this occasion, but neither time nor language admits of any attempt to give them expression. Odd Fellowship, though hoary with age can never die whilst the social principle is kept alive, and I know of no more successful means that can be employed to forever imbue it with life, and vitality than just such gatherings as the present.

Brethren, my task is completed. As best I could, under the circumstances, I have endeavored somewhat feebly, to give utterance to such words as I trust will convey to you in some slight manner, at least, the warmth of our welcome, and the sincerity of our greeting. I hope they have answered their purpose for which they have been spoken.

It only remains for me to again extend to you, one and all, our most sincere welcome, and our kindest fraternal greeting.

I trust that each one of you may have a pleasant time, and that under the watchful care of these "brethren" who have been commissioned by their respective lodges to attend upon you, during your stay, you shall be able to enjoy yourselves in having "a good time" generally, and that in returning to your Lodges, and your homes, you may carry back with you happy and joyous remembrances of your visit to the "City of Magnificent distances," and with higher, and loftier conceptions of the "true principles" of the Grand United Order of Odd Fellows.

I thank you for your attention.

SEPARATE THE SEXES IN THE SCHOOLS.

BY LE DUKE.

It may not be just the thing to speak so frequently about school matters, especially since we now have a Board whose best endeavors will be exerted toward eliminating from the system all irregularities which have crept into it, either from gross neglect or unpardonable ignorance. But as the functions of the trustee are executive as well as ministeral and since such double functions necessarily involve multifarious cares, it may be possible that our trustees will not be enable to correct at once those evils which are in most pressing need of immediate treatment. And in speaking to the trustees, I feel no delicacy, for that they are anxious and willing to listen to any and all appeals touching a reformation of the system is a most fair assumption, which I base upon the moral and intellectual character of the Board and their warm interest in the welfare of the pupils and patrons. I wish to suggest the propriety of separating the sexes in the schools. There are some reasons for this. In the first place, we must assume that boys, as a general thing are less moral than girls. This will need no argument, when we come to reckon the contaminating influences with which boys come in contract in the street. They are influenced in a large measure by wicked boys who live in the street—boys whose seeming employment is to see how many other boys they can lead astray. The boys thus contaminated carry their wicked notions into the schools and, since they can not well be made practicable at home, are made so, in so far as it is possible (and that is to some extent) in the schools. Hence you so often hear of the indecent letters and disgusting behavior with which the boys indulge and contamininate the girls. And this the teacher, let her be never so vigilant, can not always prevent. In the next place, keeping the boys and girls in the same room necessitates a contact which breeds familiarity, then disgust. Besides this it has a tendency to weaken the boys' impression of the refining influences, which it is claimed the girls exert. Aside from the strictly moral feature, there are matters touching the education of girls in matters which concern them alone, for instance, instruction touching hygienic and physiological subjects which are usually "skipped" because boys and girls are in the same class and because a recitation upon them would cause some embarrassment among girls and boys. There are certain things that girls should know which do not concern the boys and there are things which boys should understand which do not concern the girls And the teacher should always be in a position to render the best possible service to the people. If the boys and girls were separated the teachers would then be in a position to properly and fully instruct one sex without occasioning any embarrassment or producing any bad results upon the other. The seperation of the pupils is, in my judgment, a necessity—necessary to the proper moral and intellectual training of the children. Let the boys and girls in all grades, between the first and seventh, be separated and let the seventh grade be taught by a male. The male possesses more executive ability than the female. The female is constituted for persuasion, the male for enforcement, and when pupils arrive at the age of 16 or 17, the treatment of the male would be more effective and salutary. The duty of further speaking of this subject will doubtless devolve on Argus, as I shall, for variaus reasons, be compelled to spend a few weeks "abroad"—at Alexandria or some such metropolis and I sincerely trust he may do justice to this subject as he has done by other subjects which he has been pleased to speak upon.

GET HOMES.

BY ARGUS.

I have often wondered whether the many young men I see at picnics enjoying themselves at daneing and flirtation, ever have sober thoughts. Certainly they seem not to have much time for other thought Now, I don't mean to say that they are never sober—that might be wrong. But many of our young men don't seem to care about the future, except in so far as it involves picnics, excursions, balls and parties and the like. They squander money as though it grew on trees and they would forest ofit. This is not right. There is much that we have to do as a duty. It is our duty to provide homes for ourselves, sisters, wives and mothers. Many of us who strut in fine clothes and sport a fine gold watch ,chain, and a charm and whirl a cane, smoke the finest and talk "culchaw," have, this very minute, mothers and sisters working as servants in the houses of men who are cruel and unjust. There is no disgrace in employment of this kind, but it is verv inconvenient and dissigned for poor people who can do no better. A young man who will permit his mother, wife or sister to work as a servant for others when he can prevent it by using economy in his own expenditure of money and by manifesting a proper regard for his family, ought to be tarred and feathered. There are dozen of young men in our city who are getting good salaries—young intelligent men too. And they are permitted to remain in office as much because the claim that they have families to support as on account of their official record. Our new Civil Service Rules require sobriety and a good moral character. If it were generally known that a large number of colored clerks and other employes received money just to squander and put on airs perhaps it would not go well with the colored clerks as a whole. Of course young men are not expected to act miserly or to stint themselves for that which is actually necessary to comfort Even a little luxurious living might be permissible under a moderate economic system. Young men have expenses which old men cannot have and generosity is a commendable thing in them. But to be generous does not imply prodigality. There is a decided difference between a generous man and a spendthrift Spendthrifts are not generous, they are fools. and a fool cannot be generous. The young men should at once set themselves about getting property. A man's respectability gains permancy in proportion to the progress he makes in getting property. A man may be a gentleman even if he has no home; but if a man has a home the presumption always is that he is a sober and useful gentleman. You see he enjoys the advantage of being accorded the benefit of all doubts concerning his respectability. I want to see our young entering into contracts for the purchase of property and conforming to their conditions to the letter. I want to see them looking up their mothers and sisters and, if they are not married, (it would not be so safe otherwise) seeing that they are comfortably housed and shielded from the insult which they would probably receive at the hands their employers for whom the labor as servants and nurses. It is a burning that this has not been done before. Let the young men make a start and I am sure there will be most glorious awakening. If something is not done a few years will see our young men taking their wives "out of town" or just on the river's edge. I'll not trouble you again my gentle reader, for some time but I trust, Le Duke will do some heavy work for the cause of reform. "Fare thee well and if forever, still"—adieu!

"I Love You."

A tired woman hushed to sleep her nestling babe. Beauty once made her face radiant, perhaps, but all that beauty is gone now. The blue eye is dim and faded—the pale brow covered with lines of care. Perhaps, with that far-off look of hers, she sees three little graves, green with as many summers. Her home is very humble—all day long she has toiled and the fainting spirit almost surrenders to fatigue, the downcast eyes tremble in tears—she is so weary. And every nerve tingles when the "boys" come hungry from school, some with a tale of sorrow that mother must hear.

And after they are hushed with kisses or chidings, it is time to get supper for seven hungry mouths, and the accustomed, never-ending routine of putting away and cleaning up, till the worn-out creature wonders with a sigh if there really will ever come a rest to her—an eternal rest.

At last she can seat her weary limbs in the old corner rocking-chair. The babe, whose eyes close fitfully to a lullaby, lies in his father's lap. He is a plain man, that good father, with an honest face and a great heart that would take in all the cares and sorrows of the household.

The babe sleeps. With a rude gentleness he lays it on its mother's bosom, and as the ruddy fire-light plays over her care-worn features, he looks upon her with eyes suddenly grown lustrous and beautiful. He lifts his great hand softly till it rests on her shoulder, as he says: "I love you, Mary."

How the poor heart leaps into light and rest. How vanish the cares that trod upon her very soul. She reflects not now that the pretty babe with pink-flushed cheek against her breast, has worn her patience thread-bare with its constant tears and unrest. She forgets that the fire would smoke, the broth burn, that the children teased her, that the clothes-line broke, and that her whole frame ached with fatigue.

What were these in comparison with the steadfast love that has burned for eighteen years, and is the sunlight of happiness, through the clouds of despair, when the beauty that made her winning and the freshness of her youth departed forever? What cared she for aught outside her home, though she had many sorrows, while such words thrilled her whole being?

"I love you Mary."

Ah! you long-married repining husbands, who exact every attention and duty—how much would it cost to make your home thus beautiful, with all its cares? I tell you one word will loosen great burdens from the shoulders of the woman you call wife. Try it. Go home some night and look upon her with the eyes of long ago. For one moment think how great trials she took upon her heart when she married you. Then tenderly clasp her hand, and as she looks with wonder-opened eyes, say to her in a low and steady voice, not carelessly and sportively, but earnestly:

"I love you."

Trust me, it will be to her and to you both better than diamonds.

Boys and Thimbles.

No man can, like the writer, live sixty years, without often wishing he had learned to use a sewing-thimble well in his early boyhood, especially if he has gone about the world much. Buttons will come off, stitches will break, and how handy it is for boys at school, for men at a hotel, at a friend's house, indeed anywhere away from home—often at home—to be able to whip on a button, stop a starting rent, and do many other little sewings, without calling on a woman, or perchance sending for a tailor, before being able to appear at a hotel table. One seldom, if ever, learns to use a thimble, if this part of their education has been neglected in small boyhood. The writer has traveled a good deal, and at a rough guess he has broken threads at least five hundred times in attempting to work a needle through a button or garment without a thimble. Boys, take our advice, and every one of you learn to use a thimble well before you grow up. It is not too feminine to do so. Do it, and if you live long you will many times thank us for this advice.

A Matter of Business.

"You were out late last night, dear," said Mrs. Breezy, taking her seat at the breakfast table and fumbling uneasily with her fork.

"Oh, no," said Mr. Breezy, "It wasn't late. You see, darling you were asleep when I came in, and——"

"No, Mr. Breezy, I was not asleep, but, as you say, it was not late for you. Nothing would convince you that the clock struck three as you closed the hall door. Of course business detained you, my dear. It is wonderful how much business a man will find to transact after midnight, but of course we women can know nothing about such things. We can never understand you men, can we dear? We are always imagining all sorts of horrid things when you stay away a day or two without sending us even a line. Women are so nervous, are they not, dear? What silly creatures we are, to be sure. If we would only go to bed, and go to sleep, it would save us a world of trouble, wouldn't it, dear? We might know that you great strong men can take care of yourselves. If you are obliged to sit up until 2 or 3 o'clock in the morning talking business with your customers it is really ungrateful for us to complain, for, of course you have the worst of it, don't you, darling? How it must have bothered you, and how tired you must get, and think that it is all for our sakes. When you come tottering home so tired that you can hardly get up stairs, and throw yourself on the bed without even the strength to remove your boots, we should appreciate your devotion in thus laboring to support us. Now, last night, dear, when you stumbled over the rocking-chair, and found yourself obliged to cling to the headboard to support your weary form, you presented a really sad example of the overworked husband and father. When your shattered nerves caused you to upset my fresh bottle of cologne, and scatter the contents of my work-basket over the floor, you really looked the typical martyr of married life. Of course you do not remember it, dear. You were too tired and worn out with that horrid customer to remember anything. What a dry, stupid time you must have talking business up to 3 o'clock in the morning; and you look so sleepy and used up this morning I would really imagine you had experienced a severe illness if I didn't know it was one of those terrible racking business cares which pull you down so. I see you have quite lost your appetite, dear. You haven't even touched your steak. Now, dear this will not do. You must not apply yourself so closely to business. It is killing you" and Mrs. Breezy's mouth curled into a decided sneer as she dug a tablespoon into the fried potatoes.

"But, my dear," said Mr. Breezy, making a heroic effort to swallow a little of the steak, "it was a most important engage—"

"Of course it was," said Mrs. Breezy, as she poured out a cup of coffee with a trembling hand. "Of course it was, love. Your engagements are always important. They will never keep over until morning, never. What if these engagements—these very important engagements—do occur five or six nights out of the week. It is a sign of your prosperity. Should I complain if you find yourself obliged to meet your customers at theatres and concert-halls, and at poker-parties in out-of-the-way hotel? No, dear, you are obliged to adapt yourself to your customer's mode of life. It is all in the way of business, and we short-sighted wives are very unreasonable to suppose for a moment that you frequent such places of choice, when every instinct should teach us that you would much prefer being at home in the bosoms of your families. You dear, abused husbands! How patient you are, to be sure, with us fidgety unreasonable creatures," and Mrs. Breezy pushed back her chair with a jerk and left the room.—*Brooklyn Eagle.*

Sensible Sentences.

Don't be whining about not having a fair chance. Throw a sensible man out of a window, he'll fall on his feet and ask the way to his work. The more you have to begin with, the less you will have in the end. Money you earn yourself is much brighter than any you can get out of dead men's bags. A scant breakfast in the morning of life whets the appetite for a feast later in the day. He who has tasted a sour apple will have the more relish for a sweet one. Your present want will make future prosperity all the sweeter. Eighteen-pence has set up many a pedler in business, and he has turned it over until he has kept his carriage. As for the place you are cast in, don't find fault with that; you need not be a horse because you were born in a stable. If a bull tossed a man of metal sky-high, he would drop down in a good place. A hard-working young man with his wits about him will make money while others will do nothing but lose it. "Who loves his work and knows how to spare, may live and flourish anywhere." As to the trouble, who expects to find cherries without stones, or roses without thorns? Who would win must learn to bear. Idleness lies in bed sick of the mulligrubs, where industry finds health and wealth. The dog in the kennel barks at fleas; the hunting dog does not even know they are there. Laziness waits till the river runs dry, and never gets to market. "Try" swims it, and makes all the trade. "Can't do it" would not cut the bread out for him, but "Try" made many out of mushrooms.—*John Plowman.*

A Good Example.

A poodle dog belonging to a gentleman in Chester, England, was in the habit of not only going to church, but remaining quietly in the pew during service, whether his master was there or not. One Sunday the dam at the head of the lake in that neighborhood gave way, so that the whole road was inundated. The congregation, in consequence, consisted of a few who came from some cottages close by, but nobody attended from the great house. The clergyman informed the lady that while reading the Psalms, he saw his friend the poodle, come slowly up the aisle dripping with wet, having swam about a quarter of a mile to get to church. He went as usual into the pew, and remained to the end of service.

If you hope for what is reasonable, and then work, you will probably get it.

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THE TRUE ISSUE.

THERE are some who believe that the Democratic Convention, in their resolutions recently adopted at Lynchburg, ignored the color-line. Such however is not the fact. They raised it in a most ingenious but not less manifest manner. Let us briefly state their position. They not only declare for separate schools for the two races and against mixed schools which is now the law and settled policy of the commonwealth; for white teachers for white schools and against colored teachers for white school, a position against which there is no exception by Democrat, Readjuster or Straightout Republican; but against white trustees for colored schools, colored trustees for white schools. There never have been colored trustees over white schools in any sense as pretended in their platform. There is no such danger as to call for any declaration on the subject.

The real issue, it will be seen, is in declaring that the systems, white and colored, shall be separate throughout: white trustees for the white school; colored trustees for the colored schools. As now, all the schools are under one management, a board of trustees commissioned by the Governor on the recommdation of the state board of education.

At different times since 1870, though in rare instances, colored men have held appointment as trustees and shared in the responsibility of the intelligent management of the schools in their respective sections. A few months ago two colored men of repute, Mr. Richard Forrestes and Capt. R. A. Paul were appointed members of the Richmond board of trustees. This raised a hue and cry all over the state, although under funder management colored men, as before stated, had been appointed to similar positions. The bourbon press raised the charge of mixed schools and social equality and predicted numerous evils to follow in their train. They planted themselves strongly upon the doctrine that no colored man should be appointed to any office which a white man can be found to fill. Such was the cry of the Richmond *Dispatch* which was echoed by numerous of its satellites.

This is the true inwardness of the democracy of Virginia, even to-day, for in their eighth platform they declare against "the partisan preference for the ignorant, vicious, end the corrupted," which, according to their definitions, has special reference to the large number of colored appointees Mahone has been instrumental in appointing and retaining in places, towards which there are thousands of longing Funder eyes.

The Democracy feared to make open opposition in the canvass against the appointment of colored men, even occasionally to positions as trustees; for a black vote counts to day as much as a white one, and against a solid contingent of 120,000 colored voters, they dared not make a direct issue. They have therefore, sought to accomplish this in another way, that is, to prevent the appointment of colored men to such positions as would give them a share in the management of the public schools, by entirely excluding colored men, by reason of their race or color, from the possibility of such appointment, and by inducing them as compensation for such unconstitutional exclusion, to accept the entire management of the colored schools.

This is the color line which the Democracy raised at Lynchburg. Against it we protest. The colored people of Virginia have not asked for such separate school boards. They do not need them.

Such boards are rapidly becoming a thing of the past. They once existed in this District, but they are no more, and schools are just as well managed today under a common arrangement, as when the boards were separate. Let not the colored people of Virginia be deluded by this sixth plank in the Democratic platform. It is intended for them. The Readjusters have already shown by what they have done for the school system of the state in general, and the colored school interest in particular, as by the colored teachers in Petersburg, and Portsmouth where there were none before; by the colored principals and corps of teachers in Richmond, one result of the appointment of Meesrs Paul, and Forrester; by the establishment of the Normal, Collegiate Institute at Petersburg for the higher education of colored ysuths, that all will be done by them that the colored people of the state have any reason to desire or to expect.

THE *Afro-American* thinks that the creation of an organization after the Irish Land League plan is impracticable, and uncalledfor. It thinks it impracticable, because of the obstacles in the way of the Equal Rights League, organized in 1864 which retained healthy action only in few of the states. To this we would reply that we have made much progress as a class since 1864, in education, in wealth, and in appreciation of the necessity of organized action. Another thing, if the organization of the Equal Rights League resulted in effective action in three or four states, the effort was not entirely fruitless, or without compensation for the expense and labor incurred.

The *American* also sees no necessity for such an organization because we have all the rights of citizens &c. That we have such rights, as far as law is concerned, is true; but only a small proportion of the colored people, say about one-tenth enjoy these rights, without let or hindrance.

Two-thirds of the race live in a section where their educational, political and civil rights are not regarded as they should be. To secure these eternal vigilance is necessary.

Organization is indispensable—in fact the aid of any agency which can help in any conceivable way, is called for in the struggles before us.

If our contemporary will cast its eyes southward to Georgia, to Texas, to Mississippi, to South Carolina with a solicitors eye for the rights of the millions of our race therein found, it will find much need for some such agency as that which the *Birmingham Pilot* says the people of Louisville are suggesting.

THE Virginia Democrats in accepting the debt question as settled, and in appearing to ignore the color line, acknowledge their lack of moral courage to go before the people of Virginia on the real issues of the canvass. They have made it plain that their only hope of success is in uniting all the personal and political enemies of Senator Mahone on the elastic platform—anything to beat Mahone. Pretending to denounce the coalition of readjusters and republicans, they themselves seek a coalition with straightout republicans and make a bid for the colored vote by promising to do more in securing educational representation for the colored people than the readjusters. The proposition to have colored trustees for colored schools, because colored trustees as now appointed share the management of white as well as colored schools is an insult to any self-respecting colored man, which should be resented at the polls.

We would trust the readjusters for increased educational advantages with out any promise, rather than any declaration from the party who stole a million and a half dollars of the school fund and closed more than one-half of the school doors in the State.

THE last National Convention which convened at Nashville furnished a strong proof, with all its opposers, critics, and wire-pullers, it did not adjourn without accomplishing a great and lasting good. The bold, patriotic and fearless sentiments of that intelligent body were felt far and wide; and that last concourse of people, composed of the leading characters of the city and state, who witnessed the daily proceedings of the convention; is another weighty proof of the object and deliberation of the convention. We may be "a little off" yet we are inclined to believe, that a similar convention at Louisville next September will not be in vain.—*H. W. Rolfe in the Tribune.*

WE trust the report now current, that Prof. R. T. Greener has made an effort to secure the removal of Mr. M. M. Holland from office, because of the antagonisms between the two in discussions on the convention matter, is unfounded. What ever uncalled for bitterncss of language, may have been called forth in in public place, is no justification for such a step as that reported, even if Mr. Greener had either the right or the influence to demand the dismissal of any clerk. The reported action is the more ridiculous because it is based, so said, upon the alleged fact that Mr. Holland neglects his official duties, because we surmise that the offiicial record of this gentleman will compare quite favorably with that made by Prof. Greener while in office.

OUR suggestion that the papers published by colored men in New England, the Middle States, this District, Virginia, and West Virginia form a Press association, meets with some favor. Philadelphia has been suggested by the *Globe* as the place; and next October as the time. We agree as to the time, but would suggest Baltimore as a place far preferable, for obvious geographical reasons. Besides, the people of Baltimore need just such a meeting. There are at least sixteen such papers in this section, and ten of them are located within a radius of 200 miles of Baltimore.

KING CETEWAYO the greatest African soldier of the century, is dead. Descend from a line of rulers whose military achievements, have been more than ordinary, he developed the martial powers of the Zulus to such a high degree that they challenged the admiration of the entire world and won their applause even in the hour of discomfiture and defeat.

WE have received a rejoinder from Rev. W. H. Brooks to the article of Rev. W. J. Simmons. As it was not received in season we will give it, as well as another from the other side, next week.

The August ATLANTIC contains two additional chapters of Mr. Crawford's new serial. "A Roman Singer," which is attracting a great deal of attention, both for its own merits and as being the work of the writer of the popular novels "Mr. Isaacs" and "Dr. Claudius". Mr. Lathrop's 'Newport" serial, has a special interest for the frequenters of that seaside resort. Rev. Brooke Herford contributes a remarkably interesting paper on "The Trustworthiness of Early Tradition." "The Hare and the Tortoise," by Sarah Orne Jewett, is a story which will be read with great satisfaction. Henry James writes of "The Country of the Loire," as the second of his series of papers relating to French country scenery and life, entitled "En Province." Ernest W. Longfellow, contributes an excellent article on "Reminiscences of Thomas Couture," the famous French artist. Miss F. C, Baylor has a paper, curiously interesting, concerning Virginian life, entitled "In the Old Dominion." Charles Dudley Warner contributes another of his sagacious and humorous travel sketches, "Around the Spanish Coast." Olive Thorne Miller, furnishes an admirable "Study of a Cat-bird." Prof Herbert Tuttle writes of "Academic Socialism, a thoughtful article which cannot fail to challenge the attention of a large body of intelligent readers. The number contains poems by Mrs. Piatt, Grace Denio Litchfield, and Charles F. Lummis; reviews of several impartant new works; and the usual collection of bright, brief essays in the Contributors' Club.

Lieut. Perry Wins.

One of the attractions of the testimonial in honor of Col. Perry Carson at Gales' Woods last Monday, was a competitive drill in the manual of arms, between officers of the different colored militia companies. The following companies were represented. Co. A Capital City Guard, by Capt. T. S. Kelley, 1st Lieu't P. Merideth, and 2nd Lieu't J. H. Campbell; Co. B Capital City Guard, by Capt. Gray, and Lieu't W. H. Smallwood; Washington Cadet Corps, by Lieu't J. A. Perry. The drill was conducted by Capt. Ross, and embraced all the manual. Capt Goddard, and Miller and Lieut Oyster acted as judges. At the close of the drill, during which all the movements of the officers had been closely noted, the judges made their report as follows No. 1 (Capt. Gray) 82 out of a possible 100, No. 2 (Lieu't Smallwood) 82, No. 3 (Lieu't Meredeth) 77, No. 4 (LIEU'T PERRY, of the WASHINGTON CADET CORPS) 95, No. 5 (Lieu't Campbell) 75, No. 6 (Capt. Kelley) 89. The announcement of the winning of Lieu't Perry was the signal for hearty applause, during which, Lieu't Perry was borne from the pavilion in triumph on the shoulders of his enthusiastic friends.

On Thirty Days' Trial.

The Voltaic Belt Co., Marshall, Mich., will send Dr. Dye's Celebrated Electro-Voltaic Belts and Electric Appliances on trial for thirty days to men (young or old) who are afflicted with nervous debility lost vitality and kindred troubles, guaranteeing speedy and complete restoration of health and manly vigor. Address as above. N. B.—No risk is incurred, as thirty days' trial is allowed.

One Meal a Day.

Dr. C. E. Page sends to the *Journal of Chemistry* an account of experiments made to show that one meal a day is enough for a man: "S. N. S., 28 years old, resolved to adopt the one-meal system, and did so, leaving off meat and all condiments, as salt and pepper, and eating chiefly wheat-meal bread and fruit, the bread made from unsifted meal and mixed with water only, no salt or bread-raising devices—unleavened bread. Within seven months his weight increased from 145 pounds to 170 pounds, and his strength of both body and mind had increased in proportion. His labor had been severe; he is a machinist and an inventor, working ten hours every day, and doing a good deal of very practical and profitable thinking at the same time. It is now a full year since he came to one meal, and the weight gained has been maintained and his health is perfect. During the last winter, for the purpose of testing the sufficiency of one meal of pure food for the most trying labor, he worked in an iron foundty for three months, and notwithstanding the extreme and frequent changes of temperature incident to the work, on cold mornings with the mercury below zero, and in the afternoon at 120 degrees above, and all hands sweating like rain, he had not a cold during the winter, and was the only employe thus exempt. He had formerly been subject to frequent attacks of the above disease. His daily ration consists of six to nine ounces (according to labor) of Graham flour, beside fruit sufficient to supply all the liquid necessary—half a dozen apples or their equivalent in other fruit. He is rarely thirsty, but sometimes, if for little fruit is taken at meal time, he takes a small draught of water in the course of the day. This meal is taken at night after entire recovery from fatigue, usually at about 7 o'clock. During the month of May, 1881, just passed, he gained sixty hours, or six full days, working extra hours at his bench, sometimes working right through to midnight, and taking his breakfast, after a short rest, before retiring, No man in his employ had gained so much time. He has occasionally made a trial of bolted flour bread, but has invariably experienced a loss of weight and strength.

My own experience goes far to prove the efficiency of the above regimen for either the brain or muscle worker. I am now taking but one meal a day, and strength is maintained on about fourteen ounces of unleavened wheat meal bread, to the mastication of which I devote an hour or so. I find that six cold gems, weighing fourteen ounces, without either butter or milk, chewed deliberately, and thoroughly dissolved by the juices of the mouth, will sustain me much better than when eaten warm with butter or milk, or both together added, and eaten as fast as one naturally eats hot rolls or bread and butter or milk. Considering the manner in which people generally bolt their food, it is not strange that a large proportion of it fails of digestion. Starchy foods cannot be transformed into pure blood entire, except as far as the change is begun in the month.

Until a few months ago I took my food in the morning, but I find the evening a better time. During the day the brain and muscles can have everything their own way, without interfering or hindering digestion, and at evening, after a sufficient rest, there is perfect tranquility of body and mind, and leisure to digest. I had never been a good sleeper until I adopted this system of diet.

People who eat several meals a day do well to take the last one early, and the lighter they make it the better; but dyspeptics may rest assured that, of itself considered, the evening meal is not the cause of their wakefulness or troubled dreams. When I ate three meals a day of a mixed diet, I could not make the last one light enough to give me complete rest at night; but now, when rested from my day's labor, I can eat my full vegetarian meal and sleep like a well-fed babe.

I could give quite a number of examples like the foregoing, of one-mealers, all tending to prove the superiority of vegetable over animal diet, and of the entire wheat over the most scientifically impoverished article."

Encouraging Words.

The colored people have recently held two conventions, one being a convention of colored journalists held at St. Louis, in Missouri, and the other a convention of colored citizens held in Texas. They are contemplating a national convention of colored people, to be held in the City of washington, (Louisville) The last census shows that the colored people form about one-eighth of the total population of the United States; and, being allied to each other by race and color, and also by circumstances that are largely common to them all, it is not at all unnatural that they should meet each each other as colored people in conventins specially devoted to their own interests, They may in this do themselves much good and secure the removal of obstacles which retard their progress as a race in this country. We not only see no objection to a national convention of colored people, but we do see that, if wisely managed, it may be made of service to them as a race. The future of the colored people in this country, now that slavery is dead and they stand on ths same footing of citizenship and its rights as white people, largely depends upon themselves. If they shall as a race seek to educate themselves and improve their condition by acquiring those habits which mark a thrifty and growing civilization, they will certainly rise in the scale of social life and importance, and overcome and throw aside many of the hindrances to their progress of which they now so justly complain. Intelligence, industry, economy, temperance and especially the spiritual graces that make a devont Christian, will do for the colored man just what will they do for any man. There is nothing in the fact of color to abride their power or lesson their value. Let these elements of personal strength and character be widely diffused among the colored people, and they will be abundantly able to be their own counselors and take care of their own interest. The duty of the white race is to lay aside its long standing prejudices against the colored man, to aid him in the process of self-development, and treat him in all respect as having the same and entitled to the same privileges as white people. The colored man has never has never as yet had a fair chance in this country; and it is doubtful whether white people would have done better if placed in his circumstances.

Change of Food

Contrive to have as much variety as possible in the daily food—not, however the variety obtained by different kinds of cake and pie, all equally bad; for they do not supply much actual food, and the good material that is used in them is put into such shape that the stomach is wearied and worn out by the effort to digest them. This accounts for much of the tiredness complained of by women and girls. They are half starved, because their food is poor. The use of much poor trash called "dainties" spoils the appetite for substantial food. The stomach is feeble for lack of good material in the blood (made constantly of our food and air) to repair its waste, and it takes food unwillingly because it is tired with overwork—overwork upon the concentrated conglomeration of rich cake and pastry. A proper and nourishing variety of food is made up of fruits, vegetables, grain and animal food, the latter consisting of healthy meat, eggs or milk in its various forms. With palatable graham or oatmeal preparations, especially where milk is freely used, meat is seldom craved o. found to be necessary to high health and strength, but when starch, sugar and fat preponderate, as in the common fare of white bread and butter, potatoes, cake, pie and a little sauce—beef (especially steak) often seems an absolute necessity to one who has to put forth strength. Coffee cannot supply its place. It does not give strength, but only stimulates it, or calls it out, making one feel strong while under its influence. Nourishing foods really strengthen us. To those who accustom themselves to it, simple food is really enjoyable as well as healthful.

Wells' "Rough on Corns."

Ask for Wells' "Rough on Corns." 15c. Quick, complete, permanent cure. Corns, warts, bunions.

Swearing off on Politics.

The man who has once been addicted to politics finds it hard to reform and break the fetters that bind him. He makes a resolve, in his mind, that never again will he touch the fatal politic, and he goes along for months without thinking of indulging, but in an unguarded moment, after the campaign opens, he thinks of something that can be played on the opposition, and he takes the first step, and then he goes down, until election day he is peddling tickets like an old stager, at night he is around hearing the returns, at midnight he is whooping it up with the boys, and at 3 A. M. he goes up stairs at home on all fours, his hat overwhelmed by a good majority, his head as uncertain and wavering as the chances of his party, his tongue as thick as opposition votes, and his breath as strong as the atmosphere in a malt house. He has lied to his wife about having to go to the lodge to give some high degrees to Masons from the country, and when she smells his breath she knows how high the degress are, and it all comes over her in a second—not the breath, but the idea—that he has fallen from his high estate and again sunken in the mire of politics. After election, and his party is beaten, as usual, he swears upon a stack of bricks, in his hat, that he will touch not, taste not, handle not, the intoxicating and demoralizing politic, but he lies, and he knows it. What the country wants is a society for reforming men who are addicted to politics, a society where he can go when he feels the old appetite coming on, and have his thoughts turned to a different channel. He is weak, and he wants his brothers and sisters to take him by the hand, particularly the sisters, and brace him up, and make him strong against the enemy. When he feels like taking a hand in a campaign, where he knows he will surely fall, and come out with the smell of kerosene and beer on his garments, and cheese on his breath, he wants to feel the strong arm of the society around his waist, and hear the members singing songs of Zion instead of hurrahing for somebody for justice of the peace. But if such a society were formed for the reformation of the politicians, just about the time it got the converts strong enough to walk alone, the confounded society would nominate a ticket of its own and go into the campaign making more noise than all the other political parties, and the reformed politicians would find that they had jumped out of the frying pan into the fire. 'Twas ever thus from childhood's hour.—*Peck's Sun.*

A Gentleman.

When you have found a man, you have not far to go to find a gentleman. You cannot change a Cape May crystal to a diamond. You cannot make a gentleman till you first find a man. To be a gentleman it is not sufficient to have had a grandfather. To be a gentleman does not depend on the tailor or the toilet. Blood will degenerate. Good clothes are not good habits. The prince Lee Boo concluded that the hog was the only gentleman in England, as being the only thing that did not labor. A gentleman is just a *gentleman*; no more, no less; a diamond in the rough. A gentleman is modest. A gentleman is courteous. A gentleman is slow to take offense as being one who never gives it. A gentleman is slow to surmise evil, as being one who never thinks it. A gentleman refines his taste. A gentleman subdues his feelings. A gentleman deems every other better than himself. Sir Philip Sidney was never so much of a gentleman—mirror though he was of English knighthood—as when, upon the field of Zutphen, as he lay in his own blood, he waived the draught of cool spring water, that was to quench his mortal thirst, in favor of a dying soldier. St. Paul describes a gentleman when he exhorted the Phillipian Christians: "Whatsoever things are honest, whatsoever things are pure, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things." And Dr. Isaac Barrow, in his admirable sermon on the callings of a gentleman, pointedly says, "He should labor and study to be a leader unto virtue, and a notable promoter thereof; directing and exciting men thereto, by his exemplary conversation; encouraging them by his countenance and authority; rewarding the goodness of meaner people by his bounty and favor; he should be such a gentleman as Noah, who preached righteousness by his word and works before a profane world.

Decline of Man

Nervous Weakness, Dyspepsia, Impotence, Sexual Debility, cured by "Wells' Health Renewer." $1.

The Coliseum.

Among the many stupendous architectural works of antiquity which surprise us by their extent, their beauty, and the wonderful difficulty of their construction, the Roman Coliseum stands out pre-eminent. Its ruins refuse to perish, and there they stand in colossal majesty, the astonishment of all beholders. The Coliseum was an amphitheater, of which the external walls consisted of four tiers of arcades, adorned with columns of the Doric, Ionian, Corinthian, and Composite orders. The internal circumference was 1,600 feet, and the accomodation provided seats for over 80,000 people. On fair authority it is stated that the Emperor Vespasian caused this theater to be built, occupying 30,000 captive Jews in the erection of it. It does not seem to have been completed in Vespasian's reign. Titus the destroyer of Jerusalem, was he who had the gratification of opening it for Roman sports; and it is said that on the opening day he caused over 5,000 wild beasts to be introduced into the arena, and compelled captive Christians to fight with them. Vast cells, or rather ranges of cells, were constructed under the spectators' galleries, for the reception of the wild beasts, panthers, leopards, tigers and lions, which were the combatants in these cruel pastimes. There were also gigantic reservoirs of water containing such supplies, that when occasion required, the floor of the Coliseum could be flooded from them to the depth of several feet; and on the opening day, after the Christians and the beasts had afforded pleasure to Rome, the entire floor was covered with a sheet of water upon which two mimic squadrons performed their evolutions, and went through the performance of a sham naval engagement.

For many years the Coliseum was the one great public recreation-place in Rome. Successive emperors exerted themselves to maintain it in all its original splendor, and enormous were the sums of money expended annually upon repairs, and in keeping up the performances. When the Goths sacked Rome they spared the amphitheater, and until the removal of the seat of imperial government to Constantinople, the Coliseum was preserved in all its integrity. After that event the purposes for which the Coliseum was built were no longer desirable—Christian bishops ruled where pagan emperors had dictated, and the ecclesiastical government was averse to all plays, games, and spectacles—except where it chose specially to have them. The Coliseum's occupation was gone, and its great bulk, and the great store of stone contained in it, proved obnoxious to the desires of certain dignitaries, who, being without palaces, thought the Coliseum might worthily be utilized in furnishing the materials for building them. So the Coliseum served in lieu of a quarry. Paul II. built St. Mark's Palace, Paul III. the Farnese Palace, out of materials from the great theater, and other prelates and church princes followed the bad example, till something like half of the Coliseum was swept away, what remained being spared not so much on aesthetic grounds as because of the hugeness of the blocks, which resisted all the effort of the indolent Italians to move them On the floor where Corcyrian and Corinthian fleets had manœuvered, great quantities of debris were piled up, so that in course of years the interior was choked with rubbish above the lower galleries on which enthusiastic spectators had sat and applauded.

When Pope Pius VII. was dethroned and taken prisoner by Napoleon I., the Coliseum, in common with many other Roman buildings, was cleaned and cleared

The channels which conducted the water for the aquatic exhibitions, the iron gate which were opened to admit the wild beasts to the arena, and the bronzed ring to which the Christian martyrs were chained, were brought to light. It is not possible to say how far the French emperor would have gone on the road of restoration had he continued to direct the fortunes of Italy. He dug out old Rome during the short time his engineers were in the city and disclosed in all their beauty and reality some of the most splendid monuments of the past. But as soon as the church men got back, they undid no small part of the great emperor's work, actually refilling a large part of the interior of the Coliseum in order to render certain chapels in and about it more accessible.

The splendid ruins remain as Napoleon left them; and it is possible they may outlive the ecclesiastical dominion which has despoiled them, as they have outlived the imperial dominion which caused their origin.

Make Allowances.

In instructing children, it is well to remember that we were once young ourselves. This practice is one of the most likely to impart patience and forbearance, and to correct unreasonable expectations. At one period of my life, when instructing two or three young people to write, I found them, as I thought, unusually stupid. I happened about this time to look over the contents of an old copy-book written by me when a boy. The thick up-strokes, the crooked down-strokes, the awkward joinings of the letters, and the blots in the book, made me completely ashamed of myself, and I could at the moment have buried the book in the fire. The worse, however, I thought of myself, the better I thought of my backward scholars; I was cured of my unreasonable expectations, and became in future doubly patient and forbearing. In teaching youth, remember that once you were young, and in reproving their youthful errors endeavor to call to mind your own.

Flies and Bugs

Flies, roaches, ants, bed-bugs, rats mice, gopher chipmunks, cleared out by "Rough on Rats. 15c.

Where Jersey Cows Came From.

Jersey Island, the place from where we obtain the favorite Jersey cow, is a small spot of land. If squared, is six and three quarter miles each way. Yet this little island has a population of 600,000 human beings, and has over 12,000 cattle, and had that amount for the last twenty years, for the census of 1861 gives Jersey Island 12,037. And they export annually on the average 2,000 head. Roughly speaking, they manage to support one head of kine to every acre, while in England there is only one head to every ten acres; therefore, in proportion to its size Jersey exports as many cattle every year as England contains. If England should export cattle at the same rate, her whole stock would be swept away in a single year. A good Jersey cow will yield half her own weight in butter a year—she rarely exceeds eight hundred pounds, and her average weight at home is about seven hundred pounds. What little spot on earth can make a better showing?

The People's Advocate.

SATURDAY, AUGUST 4, 1883.

AGENTS.

Levi Cromwell Gen'l Ag't for Phila.
Washington..... { G. B, Anderson.
" ..... { G. W. Renfro.
New Bedford, Mass..... Wm. H. Carney.

ADVERTISING NOTICES.

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A. H. Brooks, 1905 K street northwest, Washington, D. C.
D. L. Brooks, 1116 F street, northwest.
C. B. Folkmorn, next door to Post Office.

☞Local communications and &c., should reach this office not later than Thursday morning; advertisements not later than Wednesday noon.

☞When ever any of our Subscribers do not receive their paper promptly please promptly notify us in all cases, by postal card.

LOCAL.

—Miss Mattie Lawrence arrived home last week.

—Prof. W G. Sears of Lincoln Institute has been here.

—Mrs. Gilbert Gray is summering at Cambridge, Md.

—Mr. A. F. Hilyer has gone to Minneapolis, to spend his vacation.

—Mrs. Jas. Bennett left the city this week, for Old Point Comfort, Va..

—Miss Ella N. Brown when last heard from, was enjoying herself in Wisconsin.

—Mr Ham C. Smith, and lady left last week for Boston. They will take an extended tour.

—J. H. Delamater will make a trip to his home in Georgia, after which he will visit New England.

—Mr and Mrs. James L. Thomas left yesterday for Harper's Ferry to be absent a week or ten days.

—Mrs. William Waring has gone in the trimming store business on the corner of R. and 11th Sts. N. W.

—G. H. Richardson of the ADVOCATE, leaves for his home in Ohio this evening, to be gone a few weeks.

—Miss Maggie Farrar of Richmond, Va. is in the city, and stopping at Mrs. Carter A. Stewart on 16th St..

—B. James M. D. a graduate of Howard University, has gone into practice of medicine at Beaufort, S. C.

—Lieu't Perry was presented with a gold medal, at the Virginia Ave. Baptist Church Wednesday night.

Mrs. Alex. Marshall, and family will recuperate at Cape May for a few weeks, after which they will stop at Atlantic City.

—Mrs. G. W. Renfro, and her sister Miss Hattie Webster have returned from Silcott's. Miss Webster has slightly improved.

—Madame J. A. Smallwood, Washington' favorite vocalist, will appear in a grand concert at Saratoga, August 8th. Her success is assured.

—J. G. Hutchins of Georgia, will spend the summer among the mountains of Georgia. It is hoped that Mr. Hutchins may return much recruited by this visit.

—Capital City Guard accompanied by the Washington Cadets, will give an excursion to Leesburg, Va. Monday Aug 13th. For particulars see small bills, and advertisement.

—Rev. G. W. Moore, of the Lincoln Memorial, on his return from Nashville, saw his predecessor, Rev. S. P. Smith at Knoxville, Tenn. He reports him as being in fine spirits.

—Mrs. Jas. S. Brown left last Saturday to spend the heated term of summer, in a cool place near Orange Co. Va.. It is hoped by many friends that she will return fully envigorated.

—T. A. White of the *Home Journal* of Harrisburg, Pa. was in town last week. His paper says there are more colored orators to the square inch in this city than any other city in the Union.

—The testimonial in behalf of Col. Perry Carson came off at Gales' Woods last Monday. The additional attractions, were the competitive drill between officers of our colored militia companies, and the tournament.

R. J. Chiles, editor of the *Industriel Herald* of Richmond, Va. accompanied the excursionists here last Monday. In company with the Eeitor of the ADVOCATE he visited many points of interest including one of our school buildings, and Gales' Woods.

—Judging from all reports, our ladies who are conducting the Teacher's Institute at Newbern, N. C. are meeting with marked success. Our readers know that these ladies are Miss E. W. Smerville in charge, Miss R. E. Coakley, Mattie P. Shadd, and Mamie E. Nichols.

At the meeting of the school board Monday night, the nomination of Miss Lucy Moten to the principalship of the Miner School, was confirmed. Dr. Purvis was assigned to the Sixth Division, J. H. Smith to the Seventh, and J. H. Brooks to the Eighth Division.

—Mrs. A. Murry and Miss Jennie V. Norris have left the city for Newport, Boston and other places of interest to stay until the first of September.

—wm. E. Matthews Esq has returned to the city.

—Miss Miriam E. Benjamin leaves today for Boston.

J. M. Ricks left this morning for his home in Southwest Virginia where he will take an active part in politics for the next four months.

—The Picnic by the Sparta Club to Glymont given Thursday evening of last week, is spoken of one of the very finest ever given in this locality. The gathering was harmonious in a social point to view. There was no intoxication to mar embarrass or disgrace. The weather was cool and pleasant—in fact the elements, the place, the people conspired, as it were, to make this effort of the Spartas one of their very best.

—Van Ness Park was never the scene of a more decided social success than last Monday evening when the Plymouth Congregational Church gave one of their lawn parties. The many disreputable parties who by hook or crook manage to attend and monoplize such open door entertainments were agreeably conspicious by their absence.

—John H. Holmes, son of Rev. Jas H. Holmes of the 1st African Baptist Church arrived in the city last week, to spend a few days with his sister the wife of Rev. W. H. Brooks. Mr. Holmes purposes to enter the Worcester Academy the latter part of the present month preparatory to entering Yale College or Brown University.

Col. Carson was presented with a handsome silver mounted, and inscribed baton of briar wood, the presentation speech being made by Mrs. Etta J. Webster. After the presentation, and response, addresses complimentary to the services of Col. Carson were delivered by Col. G. M. Arnold, Rev. R. S. Laws, and A. St. A. Smith.

—Last Thursday, Asbury M. E. Sunday School, gave a picnic down the Potomac to Fort Washington. The steamer Mary Washington was crowded, every seat being occupied, and many were compelled to stand. Every thing went off quite pleasantly to the credit of the committee of arrangements, and especially to Messrs George Martin, and Solomon H. Morrison who conceived the idea, and with the cooperation of their associates, made a success.

—Rev. Thompson, a minister of the A. M. E. Church, (primitive style), preached at the Plymouth Congregational Church, Sunday before last. The above-named divine undoubtedly filled the pulpit, in at least one sense of that term; for he traversed every square inch of it. He reared and pitched, and after he had completely unsettled the nerves, and shocked the moral and religious sensibilities of the congregation, and endangered the existence of the stand, left the pulpit much to the relief of the congregation. It would be a wise thing for Rev. Peele, when his place is made vacant, to select a tolerable man to fill it. Our young ministers should be taught that the house of God is no place for theatricals, especially for ministrel mimicry.

—One of the largest excursions to this city, came from Richmond last Monday morning. It was conducted under the auspices of the ten lodges of the G. U. O. of O. F. in the above named city. Fully twelve hundred people were in the party which embraced some of the most influential people of the Capital of the Old Dominion. On arriving the Odd Fellows of this District were present with a band of music, to escort their brothers to Union Bethel Hall when after a formal welcome address by P. G. M., T. H. Wright on behalf of the Odd Fellows of this District which was responded to by the Grand Master Wm. M. T. Forrester. A collation was served to the brethren of the mystic tie. After a pleasant day the excursionists returned well pleased.

A Juvenile Presentation.

The following are the remarks of Miss Pet Freeman upon the occasion of the presentation to Miss Marie Freeman of a miniature golden harp awarded for excellence in instrumental music. Miss Sadie Jones the teacher has a class of 14 pupils, and Miss Mary Freeman received the prize for the greatest comparative progress made.

"It is my happy privilege to present to you, in behalf of our musical instructress this golden harp, in acknowledgment of your merited success in attaining the highest standard in music, during the term which we are about to close. I hope you may accept this token of appreciation, feeling that we all feel equally happy in knowing you to be the victorious party. We know another year will contain many obstacles in the form of ourself as we will battle with you in the next contest. We will make greater efforts, which will cause even you to struggle the harder. Accept this, and may it be a constant reminder of the heavenly harp, and be the means of guiding your steps when temptation is near, to the path of truth.

PERSONAL

A correspondent to *The Lodge* of Newbern, N. C. has the following:

Miss R. E. Coakley was instructing a class in map-drawing. Her methods are faultless. The general outline of the map is first drawn, and the pupils made familiar with the various lines, angles &c. as to be able to dictate the entire, plan of the map; then the coast lines are drawn, then the locations of mountains, rivers, cities etc., are given. Pupils who follow the directions cannot do other than draw accurate maps.

Dr. S. A Sumby has recently opened a drug store in connection with his practice, in South Washington. It is a good move, and he deserves to be patronized.

Dr. S. H. Dismond who graduated from the Medical Department of Howard University this year, from the pharmaceutical as well as the medical department, has opened an office in Richmond, Va. where his success has been marvelously rapid.

Mrs. Hannah Smalls wife of Hon. Robert Smalls, died at Beaufort, S. C. last week. She was nearly sixty years of age.

Touches of Nature.

A good way to make your children tell the truth is to tell it yourself. Keep your word with your child the same as you would with your banker.

I intend to so live that when I die my children can come to my grave and truthfully say: "He who sleeps here never gave us one moment of pain."

If you tell a child you will do anything, either do it or give the child the reason why. Truth is born of confidence. It comes from the lips of love and liberty.

We have been saved by that splendid thing called independence, and I want to see children raised so they will have it. That is my doctrine.

Make your home happy. Be honest with the children; divide fairly with them in everything. Give them a little liberty and you cannot drive them out of the house. They will want to stay there. Make home pleasant.

Let children have some daylight at home if you want to keep them there, and don't commence at the cradle and yell "Don't!" "Don't!" "Stop!" That is nearly all that is said to a young one from the cradle until he is twenty-one years old.

Another thing, let the children eat what they want to. Let them commence at whichever end of the dinner they desire. That is my doctrine. They know what they want much better than you do. Nature is a great deal smarter than you ever were.

Every little while some door is thrown open in some orphan asylum, and there we see the bleeding back of a child whipped beneath the roof that was raised by love. It is infamous, and the man that can't raise a child without the whip ought not to have a child.

Don't plant your children in long, straight rows, like posts. Let them have light and air, and let them grow beautiful as palms. When I was a little boy, children went to bed when they were not sleepy, and always got up when they were. I would like to see that changed, but they say we are too poor, some of us, to do it. Well, all right. It is as easy to wake a child with a kiss as with a blow; with kindness as with a curse.

I tell you there is something splendid in man that will not always mind. Why, if we had done as the kings told us five hundred years ago, we would all have been slaves. If we had done as the priests told us, we would have all been idiots. If we had done as the doctors told us, we would all have been dead. We have been saved by disobedience. We have been saved by that splendid thing called independence, and I want to see more of it, day after day, and I want to see children raised so they will have it. That is my doctrine. Give the children a chance.

Be perfectly honor bright with your children, and they will be your friends when you are old. Don't try to teach them something they can never learn. Don't insist upon their pursuing some calling they have no sort of faculty for. Don't make that poor girl play ten years on a piano when she has no ear for music, and when she has practiced until she can play "Bonaparte crossing the Alps," you can't tell after she has played it whether Bonaparte ever got across or not. Men are oaks, women are vines, children are flowers, and if there is any heaven in this world, it is in the family. It is where the wife loves the husband, and the husband loves the wife, and where the dimpled arms of children are about the necks of both.—*Ingersoll.*

Implements 20 to 50 per cent Loss.

Wagons, plows, harrows, rakes, in short any implement that with good usage and protection will last eight years, will become defective, and generally useless if exposed during four years to dews, rain and sun. It can not be otherwise. Dew is very destructive to all wood; and sun cracks admit rain and moisture to the interior fibres, to work injury there. To leave implements thus exposed is a direct loss of 50 per cent., a heavy tax. But, to state it mildly, an implement which, left unprotected, would last say five years, will undoubtedly last six years if always kept dry and in the shade, when not in actual use. This will save one-fifth of its efficiency, or 20 per cent. A few boards, or a straw cover, and attention to having implements always put under, is far more profitable than to "work out" the 20 per cent to buy new ones.

Woodwork that *must* be left exposed, will be greatly benefited by a frequent application of paint, or simply a coat of painting oil, and filling up all sun cracks as soon as formed, with such oil. The use of crude petroleum tends to the preservation of wood, and may be applied to all unpainted woodwork of implements. *Metal* surfaces are saved from rust by a thin coat of lard which has been melted with resin the size of a blackwalnut to a pint of lard more or less. This forms a sort of varnish that sheds water and dew. Table knives and forks, and other steel articles to be laid away, if rubbed with the slightest film of this lard-resin mixture, will keep bright a long time. It is easily removed when desired.

Practical arithmetic: "You can't add different things together," said an Austin school teacher. "If you add a sheep and a cow together it does not make two sheep or two cows." A little boy, the son of an Austin avenue milkman, held up his hand and said: "That may do with sheep and cows, but if you add a quart of milk and a quart of water it makes two quarts of milk. I've seen it tried."—*Texas Siftings.*

"If we only had a fine house like that, sighed Mrs. Cheerybody, as she clung lovingly to her husband's arm while they stepped along on their evening stroll, "how happy we would be." "If I only knew," sighed a weary female figure seated at the door of that mansion, "the happiness that shines on that little woman's face, I would consent to be a beggar."

The following were the committee appointed to receive the Odd Fellows last Monday.

M. V. P. Chas. Murray of Union Friendship Laodge, Chirman; M. V. T. John F. N. wilkinson of Eastern Star; P. G. M. John A. Simms, of J. F. Cook; w. A. Diuguid of Mt. Olive; P. N. F. w. H. collins, of Bloom of Youth; P. N. F, Saml. wills of Peter Ogden; M. V. P. Joseph Jackson of Simon; P. N. F. Fred R. Moore of wm. Freeman and P. N. F. Ousley of Osceola. The names of the representative of Free Grace and A. K. Manning Lodge we did not learn.

ECONOMY.—While all are willing to admit that the habit of economy is a useful, practical, and most desirable one, few would think of attributing to it anything of beauty or attractiveness. Yet the economy of money, or its best use—for they are synonymous—has in it this very element. Those who live fully up to or beyond their income, in the wearisome effort to build up to or keep up a certain style of appearance, really, though unconsciously, sacrifice the very attractiveness which they seek to produce. The difficult and painful effort which it costs they fully realize, but they imagine it to be hidden from all but themselves—and herein lies their great mistake.

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—CO. B—

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—TO—

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The Committee of Arrangements have secured the Fair Grounds for the occasion, and the Company will be escorted to the Fair Grounds by a Citizens' Committee on the arrival of the train. All the Military Companies of the District have been invited to take part in the Excursion and Parade, and also the Dress Drill to take place at 5 P. M. on the Fair Ground.

The Committee have decided to leave Washington at 9 30 A. M., so as to give Ladies, and Children plenty of time to get to the 6th Street depot on morning of Aug 13. Leave Leesburg 9.30 P. M. same day, and arrive in Washington time for street cars.

COMMITTEE:

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A HEAVY STAKE.

If ever there was a madman—I do not mean a crazy man, observe, but a man mad with rage—it was our commander. Colonel Rawle, when the two hundred men he had sent out on a special expedition marched into the fort, after an absence of two weeks, without having accomplished their mission.

He stamped, he stormed, he swore; he called the commanding officer a dolt, an idiot, an incapable; but we were used to the ways of our kind hearted yet irascible colonel, so the captain held his peace till the storm exhausted itself, and then quietly explained how, in spite of his forced marches and strenuous efforts, the tribe of Indians he was in search of had kept out of his way, so that he had had no opportunity even to speak to or demand of them the surrender of their chief, who had just laid himself open to the execration of every heart with a remnant of humanity in it, be it that of Indian or paleface.

The facts in the case were these: Our regiment was stationed at one of the forts that guard the frontiers of the Indian reservation, and it was the duty of the commanding officer to act, when necessary, as a sort of chief of police, to keep order among the nations, to seek out and arrest any Indian who offended against the laws, and hand him over to the civil authorities. It was in a case of this latter kind that the unsuccessful expedition had been sent to arrest one of the Kiowa chiefs, who had seen fit to seize an emigrant and his family, who had ignorantly trespassed on his allotted domains, scalp and burn them alive.

Leaping Panther was the name of this wretch, and it was a significant cognomen, for he was noted as being the fiercest and most blood-thirsty of all his fierce nation, and an inveterate hater of the whites.

Long before this last outrage upon humanity, Colonel Rawle had wished for a pretext to seize upon him; for, although he had till now been cunning enough to keep within the bounds of the law, yet he was known to be the inciter of many a lawless act on the part of his less crafty brethren. In brief, he was one of those mean, contemptible creatures, so abundant in civilized life, who use others less crafty to work out their own evil designs, keeping cautiously in the background themselves—one of the "Fledgely" race whom Dickens' pen has photographed so truly.

A man of Leaping Panther's unruly nature was like a smouldering fire-brand in the midst of a brush-heap. The government had certain information that his one object in life was to incite and urge on the Indian tribes in the nation to make open war on the whites; but as yet, although the several commanders of the forts along the frontiers had strict orders to arrest him on the first plausible pretext, no opportunity had been found.

But now at last the evil passions and brutal nature of the man had betrayed him into a fearful violation of the laws under which he held his life and domains; yet still, as Colonel Rawle so bitterly deplored, he remained free and defiant.

"Gentlemen," spoke the colonel, the evening of the return of the unsuccessful expedition, "that brute must be taken—by force, if need be. But I wish to avoid that, as it might lead to a general war—peaceable means must be exhausted first. Therefore I make you this proposition. I feel my honor concerned in the capture of this wretch. I am a rich man, as you well know, and I will willingly give a reward of two thousand dollars for the arrest of this human monster without the shedding of blood. If any of you feel like undertaking the task (it is a hazardous one, of course), I will give him leave of absence, and detail twenty men to accompany him, if he likes. I need hardly add that if any officer of mine succeeds in capturing this wretch I shall report his name for promotion. Enough said, gentlemen; think it over."

"Enough said!" Aye, truly, enough to set my brain whirling and my heart leaping with hopes that had long been dead. Two thousand dollars! Why, that would suffice to commence life on a homestead of my own—the only life I cared to live—with sweet Mary Welsh at my side. She loved me, that I knew, but even if I had been selfish enough to urge it, she would never marry me without her father's consent, and that he had refused, because I was only a penniless lieutenant, whose pay would not support a wife.

"If you possessed a couple of thousand dollars, and would turn your attention toward cattle-raising instead of Indian-slaying," said the prudent old gentleman, "I would gladly welcome you as son-in-law; but as it is—no."

"A couple of thonsand! As well might he ask me for a couple of million dollars," I thought, as I plodded wearily through my monotonous duties.

But now there was a gleam of light shining through the clouds. True the clouds were very dark—a thunderbolt was in their midst, that might dart out upon me and make a sudden end of it all. But I did not care—life without Mary was of less than no value to me; and so, as I lay tossing on my pallet that night, I resolved to cast my all upon one throw of the dice—to stake my life in the game with fortune, daring all, and winning or losing all.

Thus it happened that the next day found me riding away from the fort, accompanied by earnest "God-speeds" and anxious looks from my brother-officers, who had striven in vain to dissuade me from my hazardous undertaking.

I preferred going alone, believing that my best chance of succeeding in the object I had in view was to find an opportunity to seize upon Leaping Panther apart from his people. I was thoroughly acquainted with the country I had to traverse, spoke the Kiowa language well, and had hit upon a plan to win the confidence of the chief, that I felt was almost certain to succeed.

He hated the American soldiers and made friends with villains pursued by them. I had resolved to be an escaped murderer, seeking refuge with him from the pursuit of the soldiers.

I left a farewell letter for Mary, with Colonel Rawle, to be forwarded to her if I did not return within two months—the utmost limit of the time I allowed myself in either case of success or failure.

"If I am not here by that time," said I, to the colonel, in parting, "it will be because my life's journey is ended."

Our fort was near the southwestern corner of the territorial line, on the border of the Kiowa country, and, to lull all suspicion on the part of Leaping Panther, I made a long detour, and instead of entering his domain from the south, where he knew his recent deed of brutality had incensed every man, I struck northward, along the western line, until I reached his northern boundary.

Before leaving the fort I had exchanged my uniform for a rough hunting-suit, such as was worn by the frontiersmen; and, after swimming creeks, wading through marshes, and plunging among brambles, I soon came to look fully the character I was about to play.

It took a week to make the detour, although I used all possible speed. At the end of that time, however, I had reached the desired position, and entered boldly upon the domains of Leaping Panther, feeling rather desirous than otherwise of a speedy meeting with himself or his braves, while still near his northern border, so that their own eyes might bear witness to the likelihood of the truth of my story—that I was a fugitive from the white settlements to the north of the territory.

Well, for two days I journeyed on without meeting a single Indian. Just as I was about to camp on the evening of the second day, however, I noticed a glimmer of light ahead of me.

Tethering my horse, I crept stealthily forward to reconnoitre, and as I looked on the scene thus suddenly presented to my view, a half-smothered exclamation of satisfaction burst from me, and I felt that the stars were propitious, for in the midst of a group of twenty or more Indians, I recognized Leaping Panther.

I had seen him once, though he had not seen me, and if ever there was a time when he could be found in good humor, it was now and here.

I saw at a glance what was on the tapis—a big supper of succotash—and if there is anything an Indian loves as well as fire-water, it is succotash, and if ever he is friendly and hospitable it is when his stomach is well-filled from that tempting dish.

So I resolved to lie perdu until the feast was over, and then appear as a suppliant for the remnants.

Evidently I had stumbled upon one of Leaping Panther's villages, for women and children were flitting to and fro, and wigwams loomed up here and there out of the darkness.

The central point of interest to all was a high, square framework of green saplings, beneath which was a roaring fire, with two or three iron kettles suspended over it, and in them the succotash was boiling and frizzling.

I knew what it was from the traces of preparation scattered around. I don't wonder the Indians like their succotash, they know how to make it to perfection—or would, if they were more cleanly in their cooking.

They half fill each kettle with corn pounded to a pulp, and a few quarts of all sorts of beans, stir in a few pounds of maple syrup and fill up with water, and let it all cook down to a nearly solid mass.

The feast was nearly ready when I discovered the party, and in a few moments the squaws had the kettles off the fires, and dipping two quart pails into them, handed them around to the braves, who were squatted on the ground in a circle, the pails giving out by the time the braves were all supplied. The women and children contented themselves with burying their heads in the kettles, or where too little was left to allow of this primitive method, with scooping it out with their hands; and such a solemn, dirty and smeared set of guzzlers, I never saw. In spite of my precious position I had nearly laughed outright.

At last the feast was over and the pails returned to the squaws, and a grunt of satisfaction went round the circle of squatters.

Now was my time; lifting up my voice in the darkness, I called out in Kiowa that I was a friend and wanted to see the great chief Leaping Panther; and then I walked boldly into the center of the stolid group with out-stretched hands, in token of amity.

The great chief designated was the only one who stirred, his first movement having been to lay his hand on his knife; to remove it as quickly when he saw the intruder was an unarmed man. Moreover, my artful little bit of flattery pleased his vanity.

As I advanced, he rose to meet me, and, introducing himself, asked my business with him.

"I am hungry, brother," said I. "Let me eat first, then I will tell the great chief I have come to him for refuge from the soldiers, who chased me from the settlements."

Those few words, and the hint they conveyed, evidently pleased him, and, bidding me sit down, he directed a squaw to fill a pail with succotash for me."

Well, the upshot of it all was that I succeeded even beyond my hopes in winning the confidence of the usually suspicious chief. He was not merely tolerant of my presence, but sought me out to go on hunting expeditions with him, for I was a good shot and a fearless rider. Unfortunately, a number of his braves always accompanied him so that the success of my project seemed as far off as in the beginning and there remained only three weeks more of my allotted time.

At last I was puzzling my brains how to allure Leaping Panther away from his people, fortune came to my aid and smoothed the way.

One morning the chief told me that he was going to visit another tribe to the eastward—some fifty miles away. His two squaws only were to accompany him, unless his white brother would go also.

I had hard work to hide my exultation at this unlooked for solution of my difficulty. I would have preferred, of course, that the women should have been left behind, but I felt no doubt about being able to manage them when the moment for action came.

The next day we started, four of us, all, each mounted on a good, stout pony.

To deny that I felt no unpleasant qualms regarding the underhand part I was playing toward man who had certainly been kind to me, would be to deny the truth; but then I felt there was no choice, and I knew he would have treated me differently, had he not believed that I was a base, cruel wretch, "a man after his own heart." So I kept the memory of his wicked deeds before me, and steeled my heart by stern reasoning from mising reason and duty.

That very day, as we halted for the squaws to prepare our dinner, his evil passions swept away all reluctance on my part and precipitated his doom by some hours.

One of his wives displeased him, in some trifling way, and with his heavy fist he struck her to the ground. My blood rose suddenly to boiling heat, and leaping to my feet I drew my revolver and covered the astonished brute with its six gaping chambers, exclaiming:

"If you stir hand or foot, chief, you are a dead man."

He laughed a little at first—for Indians laugh sometimes, traditions to the contrary notwithstanding—but it was an uneasy sort of merriment, that quickly died away as he saw that I was not joking, but in dead earnest.

"Remember," I repeated, "I will shoot you, if you move your hands, or resist my orders."

He was no coward, but he saw that I had the power and the will to do as I said; so, looking rather bewildered, he stood motionless.

Still keeping my faithful revolver ready for instant use, I ordered the two frightened women (the one knocked down was up by this time,) to take the ropes that lashed the luggage upon the pack-horse and tie Leaping Panther's hands behind his back; and in spite of his black looks they tremblingly obeyed, the magic of that little cylinder of iron compelling prompt obedience to my will.

The chief's hands tied by his squaws, I slipped the revolver back into my belt, and approaching my now helpless captive, made sure that the knots were securely fastened, and I found the work so well done that I strongly suspected the squaws had rather enjoyed the operation of binding their tyrant.

So at last the most difficult part of my mission was accomplished, and Leaping Panther was my captive, and that, too, without the shedding of blood.

I could hardly credit it, even as day after day we journeyed on, a strange party, toward the fort I had left nearly two months before.

I kept the two women with me for prudence sake, until the two hundred miles that separated us from my destination were well-nigh traversed, and then, when within ten miles of the fort, I gave them all the provisions that were left, and the horses they rode, bidding them make their way back to the nearest Kiowa camp, and tell the people that they would never see Leaping Panther again, for he had sinned against the Great Father, and would be hung for having burned to death an innocent man and his family.

They did not seem in the least disturbed by this announcement, and did not even exchange a farewell with their late master, who, for that matter, had not uttered a word since his capture, but rode at my side, his hands pinioned, his horse secured to mine, in sullen silence.

Two hours later I rode into the fort and delivered up my prisoner amidst the wildest cheers and plaudits from men and officers, none of whom had ever expected to see me back again.

Leaping Panther was regularly tried, and being found guilty by abundant testimony, was in due time "hung by the neck until he was dead," a mild punishment for so brutal a monster.

Colonel Rawle kept his word, and I soon had in my hands two thousand dollars, with which I entered a homestead, built a house, stocked the place, and very soon brought home a dear wife to help me take care of it all; had I remained in the army I was assured of rapid promotion, but I preferred a quiet life in my own home.

I had played a hazardous game with fortune, and, having won, felt in no wise inclined to lay down such heavy stakes again.

A Story of Daniel Webster.

There are several interesting anecdotes related of Daniel Webster, who was the foremost lawyer, statesman, diplomatist and orator in America. In the early years of his professional life, a blacksmith called upon him for advice concerning the title to a small estate bequeathed to him. As the terms of the will were peculiar, and the kind of estate transmitted doubtful, an attempt had been made to annul the will. After Mr. Webster had examined the case he was unable to give a definite opinion on it for want of legal authorities. He therefore, at considerable expense, purchased a number of extra law books from Boston, and spent his leisure hours of several weeks in referring to them. He successfully argued the case on its trial, when it was decided in his favor. On account of the poverty of the blacksmith, Mr. Webster only charged him $15, intending not only to suffer the loss of money paid out, but the time occupied in securing the verdict. After a long period had elapsed the case was forgotten; but not the knowledge by which it was won. On one of his journeys to Washington, Mr. Webster spent a few days in New York City, when the celebrated Aaron Burr sought his advice in a very important case then pending in the State court. Having heard the facts on which it was founded, Mr. Webster perceived at once that it exactly corresponded with the blacksmith's will case. On being asked if he could mention the law applicable to such, he immediately replied that he could, and then began to quote decisions bearing upon the case from the time of Charles II. As he went on citing his array of principles and authorities with great precision, Mr. Burr rose in astonishment and asked with some warmth, "Mr. Webster, have you been before consulted in this case?" "Most certainly not," he replied. "I never heard of your case until this evening." "Very well, and Mr. Burr, "proceed." Mr. Webster concluded the quotation of his authorities, and received from Mr. Burr the highest praise for his profound legal knowledge, and a fee sufficiently large to remunerate him for all the time and trouble he devoted and the expense incurred in the blacksmith's will case.

Catching Cold---Remedies.

While it is easy to take cold in midsummer, colds are usually more prevalent when low temperature prevails, though less in clear, steady winter than during the variable spring and autumn. "Catching cold," is usually the result of *inequality* of temperature in two parts of the body, especially adjacent parts, which disturbs the uniform circulation of the blood. At the place where this disturbance occurs, "congestion" arises, that is, a rush of blood to a part from one direction faster than it is carried off by the chilled blood vessels in the other direction, and this produces serious results if not speedily remedied. This diseased condition may extend over the entire body, affecting most severely any organ already weak.

Thus a cold may come from damp or chilled feet; from even a slight draft of air blowing through a crack, upon one side or portion of the body and cooling it; from standing near a fire or stove, and heating one side while the other remains comparatively cold; from warmer clothing on one part of the body than on another; from lightly dressing the arms and lower limbs, or leaving them naked; from standing over a hot register; from the chilling evaporation of water or moisture, from a portion only of one's clothing—in general, from any cause producing inequality of temperature.

The causes of a cold, named, indicate how to avoid one. Maintaining general vigor by nourishing, well digested food, gives one power to resist an attack. When to be especially exposed, a little tonic, as a grain or two of quinine, taken in advance, may be useful. Stimulants, like alcoholic liquors, are but temporary aid; the reaction, after the first stimulating effects, leaves one more subject to take cold than if the stimulant had been omitted.

Simple remedies will usually remove a cold, if taken promptly, before the congestion has produced serious disorganization. When struck with a sense of chilliness, 15 to 30 drops of aromatic spirits of ammonia, in half a tumbler of water, will

Poisonous Toilet Articles.

Cold lead may become injurious to life in more ways than in a parabola from a gun-barrel, and there is little doubt that its victims in peace are pretty nearly as numerous as in war. It is a subtle and stubborn enemy; can effect an entrance into the human system in many ways without leaving a mark to indicate its passage, and when it thus insidiously attacks its victims it cannot be removed with surgical instruments. The injurious effects of fresh paint are due to the lead out of which they are mixed, and the painter's colic is a disorder caused by taking the minute particles of metal into the lungs and through the pores. Ladies may escape its ambushes of this kind, but they are likely to give it all the opportunity it desires in other ways. For instance, hair dyes are alleged to contain varying amounts of lead. These colorless preparations which, the purchaser believes, can restore the original tints to the hair, hold lead in solution, while the cosmetics for the face which go by the high-sounding names of enamel, and so forth, yield the analytic chemist larger or smaller precipitates of white and red lead when properly created. The death of a young lady of Buffalo from lead-poisoning through the foolish habit of resorting to artificial complexion serves to direct public attention to the subject again. In this case the leaden particles were absorbed by the pores of the skin into the system. For eight years the unhappy girl had been an invalid, and at length death relieved her. Bismuth, antimony, and other minerals are made use of more or less liberally, and all bring about their natural results sooner or later.

Even when the cosmetic is no more deleterious in composition than rice-water or chalk, it is injurious, since it chokes the pores of the face. Effete matter is carried from the skin through the system to an extent that would surprise anybody who had never paid attention to the subject, and so necessary in this dermal excretion that the loss of one-third of the breathing surface of the body is sufficient to produce death. But the mere fact that the application of cosmetics is attended with danger, will not prevent their use by ladies. Physical debility, torture, and far more serious complications resulting from their use, have not prevented the wearing of tight shoes and corsets, and never will, and health and comfort are only too gladly sacrificed for beauty and the admiration of the foolish.

It is curious to note how local is the fashion of using cosmetics. Compared with the mode of a century ago, when every woman had recourse to the cosmetic pad, the absence of artificial color is extraordinary. Few ladies of good taste in New York and Brooklyn will consent to apply a false complexion. In Philadelphia, however, it is considered quite a proper thing to paint, and even young and pretty girls are to be met whose lovely natural skins are deeply overlaid with the most ingenuous coats of coloring matter. It may be that Philadelphia prefers to be a law to itself, but that the descendants of the "drab-colored" Quakers should make a fashion of falsity, is rather singular, to say the least. Ladies, however, who use cosmetics with the idea that gentlemen are either deceived by them or pleased, labor under an extraordinary mistake.—*New York Times.*

Notes on Live Stock in Winter.

The farm animals in the winter season are directly dependent upon the care and attention of the farmer. To pass the winter with profit they must be well kept. Animals are very complicated engines, and must be run by careful engineers. The food they receive is the fuel, and the daily rubbing, cleaning, etc., may be likened to the inspection, cleaning and oiling of the engine. The fuel must be equal to the demands made of the animal engine, else the machinery will be run at a disadvantage, and therefore with diminished profit. When the water is low and the fire almost out, the engine is a source of loss to the owner. On the other hand the fire may be brisk, and the boiler well supplied, but some screw is loose, or a part rubs another too closely, and the friction thus produced neutralizes much of the force. So in the animal machine, all the parts must work harmoniously together, or in other words there must be perfect health to obtain the best results. An animal may have the best of food in sufficient quantity, and still pass a hard winter, and without profit to its owner. Food of the best kinds without shelter, is in the animal economy like fuel in an engine that is rusty and loose and out of order. Both are expensive methods of arriving at desired results. It takes too much force to run the machine in both cases. As it is cheaper to have a good engine kept in good order, so it is to have an animal in health and comfort. The thoughtful farmer will see many points of likeness between the animal machine and the one constructed by human hands, but it is enough to suggest the importance of keeping farm animals in a healthful and comfortable condition by means of warm stables with clean floors and pure air.

The Game of Brag.

An Englishman was bragging of the speed of English railroads to a Yankee traveler seated at his side in one of the cars of a "fast train" in England. The engine bell was rung as the train neared a station. It suggested to the Yankee an opportunity of "taking down his companion a peg or two." What's that noise?" innocently inquired the Yankee. We are approaching a town," said the Englishman; "they have to commence ringing about ten miles before they get to the station, or else the train would run by it before the bell could be heard! Wonderful isn't it? I suppose they haven't invented bells in America yet?" "Why, yes," replied the Yankee, "we've got bells, but can't use them on our railroads. We run so tarnal fast that the train always keeps ahead of the sound. No use whatever—the sound never reaches the village till after the train gets by." "Indeed!" exclaimed the Englishman. "Fact," said the Yankee; "had to give up bells."

Enterprise and energy climb the steep stairs to the pinnacle of success, while luck goes up in an elevator.—[Exchange.

Well, luck is sensible in this instance.

There is no time in a man's life when he is so great as when he cheerfully bows to the necessity of his position, and makes the best of it.—[Exchange.

S'pos'n he's caught making love to another man's wife, or steps on the cat!

The treasure-house of a man's life is his heart, and he who has nothing there is poverty-stricken, though he roll in gold; while he who has a good deal there is rich, whether he has a roof over his head or not.

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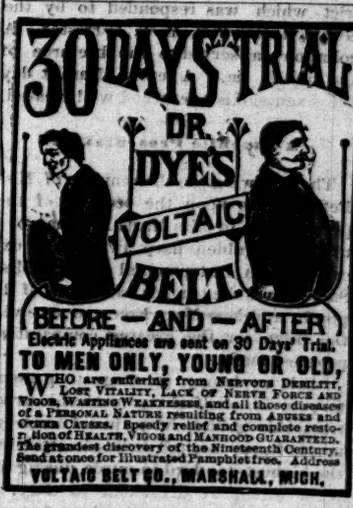

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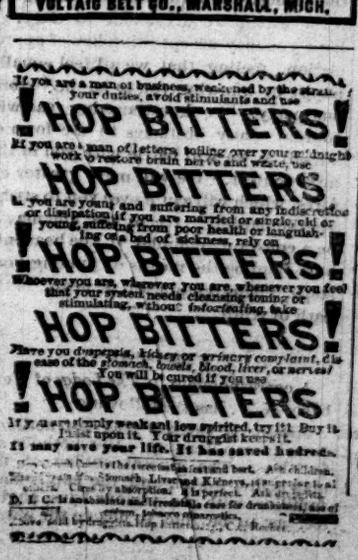
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